

CATCHING DEVELOPMENTAL ACTIVITIES

Week #3/Lesson #1

5 Catching a Ball Tossed by a Partner

With the child standing across from the parent, the parent softly tosses the ball underhand in a slight arc to the child. The child catches the ball with both hands 8 out of 10 times. Repeat and continue to increase the distance, speed and arc of the ball in gradual increments as the child achieves success. Also use the foam baseball with this drill.

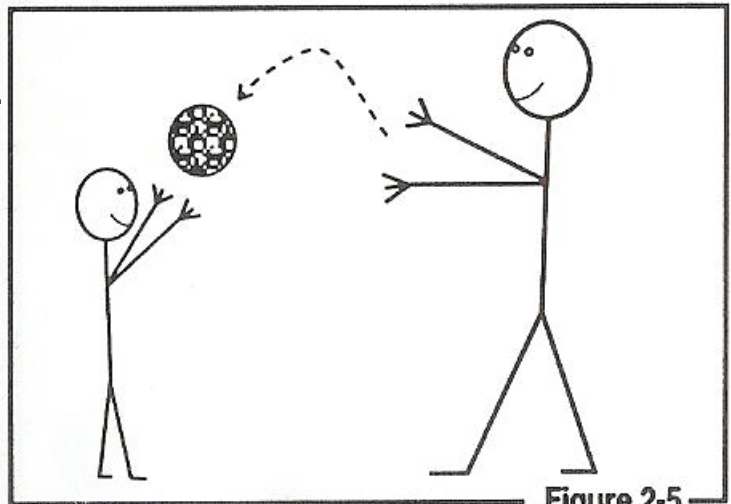


Figure 2-5

Recommended starting distances:
10 feet (ages 3 - 4) * 20 feet (ages 4 - 5)

Week #3/Lesson #2

6 Catching a Ball Rolled as it Rebounds from a Wall

While standing an appropriate distance from a wall, the child throws the Soft Tuff Ball at a wall so that it rebounds and then bounces on the ground between the child and the wall. The child should catch the ball as it bounces from the floor. With success, repeat moving farther from the wall and throwing the ball harder. Also use the foam baseball with this task.

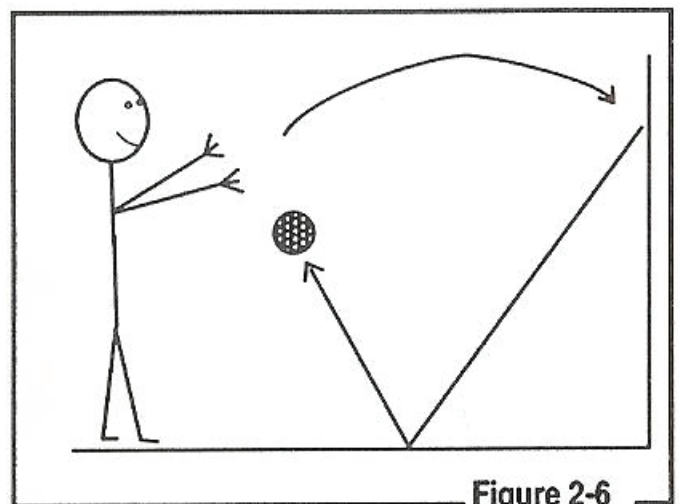


Figure 2-6

Recommended starting distances:
10 feet (ages 3 - 4) * 20 feet (ages 4 - 5)